V. *An Abſtract of a Letter ſent from Mr.* Samuel Dale *to Mr.* John Houghton, S. R. S. *concerning the making of* Turnep-Bread *in* Eſſex.

SIR,

THE dearneſs of all ſorts of Corn hath occaſioned many poor People to ſet their Wits, as it were, on Tenter-hooks, and to try many ways and methods of making Bread for the Suſtenance of their Families, as in ſome places, of Peaſe, and frequently of Barley: ſo with us they have lately got a way of making it with Turneps, which not only for the novelty thereof, but alſo becauſe it may be of general uſe and benefit to poor, mean and indigent people, I will beg your patience until I acquaint you with the way and manner of making it, which is this: They take pilled Turneps, and boyl them in Water until they are ſoft or tender; then preſſing ſtrongly out the Juice, they mix them, being beaten or pounded very fine and ſmall, with their weight of Wheat-Meal. Then adding Salt *q. s.* and warm Water, they knead it up as other Dough, or Paſte, which having lain a little while to ferment, they order it, and bake it as common Bread. Of this Turnep-Bread (for ſo they call it) I have both ſeen and taſted, and can aſſure you, that to the Eye it's not to be diſtinguiſht from common Wheaten or Houſhold Bread, neither doth the Scent much betray it, eſpecially when cold; only to dainty and nice Palates the Turneps are a little, and but a little, perceived.

Yours

Braintree, Dec. 6. 1693.

Samuel Dale.

VI. *An*